

■ Preoccupation Issues: Inventory

Preoccupation Issues Inventory

Check which sentences seem to fit you.

- _____ I watch to see what one particular person is doing throughout the day
- _____ I often talk about this person with others
- _____ I have been romantically involved with this person
- _____ I want a romantic relationship with this person
- _____ Sometimes I wish for bad things to happen to this person
- _____ I have arranged my schedule so that I can see this person more often
- _____ I get jealous when this person sees other people
- _____ This person has told me or one of my friends that he/she doesn't want to be with me and that I am bothering this person
- _____ I am desperate to have a relationship with this person



■ Preoccupation Issues: Goals

Goals for Preoccupation Issues

- I want to think less about this person
- I want to talk less about this person to others
- I want to realize that the relationship is over
- I do not want to rearrange my schedule to see this person more often
- I want to feel that I am over this person or relationship
- I do not want to be jealous of other people in this person's life
- I want to be able to accept that this person no longer wants to have a relationship with me
- I want to be able to grieve over the fact that a relationship with this person is not possible
- I want to move on with my life

■ Preoccupation Issues: First Aid

First Aid for Preoccupation Issues

1. Name the consequences of what could happen if you continue to pursue this person
2. Write your feelings about this relationship in a journal
3. Write about some of the events in the relationship and what you learned from this relationship
4. Try attending the social activities provided by Job Corps. Use this as an opportunity to build new relationships
5. List future goals for relationships. What will be different?
6. Plan a daily schedule which will help you avoid seeing the person
7. List the behaviors you have tried that have not been helpful in getting close to someone you wanted to be close to
8. Find a private place where you can let out your feelings of frustration and anger
9. Write a good-bye letter to this person, but do not send it
10. Decide if you can control your behavior about not seeing this person any longer. List the times you have tried before. If you have never tried limiting your behavior, try at this time to see if you can control it.



■ Preoccupation Issues: Limiting Contact

“Limiting Contact with the Person”

1. Because you know what time this person goes to the cafeteria, purposely go to the cafeteria when you know this person will no longer be there.
2. On your way to classes, take a different path other than the one this person is known to take.
3. If this person is in your class, purposely do not sit near this person.
4. After classes, you know where this person likes to hang out. Go somewhere else to be social, away from this place.
5. When you have the urge to call this person on the phone, distract yourself with something else such as talking to your roommate, calling home, or getting something to eat.
6. When others try to talk with you about this person, try telling them that you are not interested in talking about this person anymore. Bring up something else to discuss.
7. Do each of these suggestions daily to begin detaching yourself from this person.